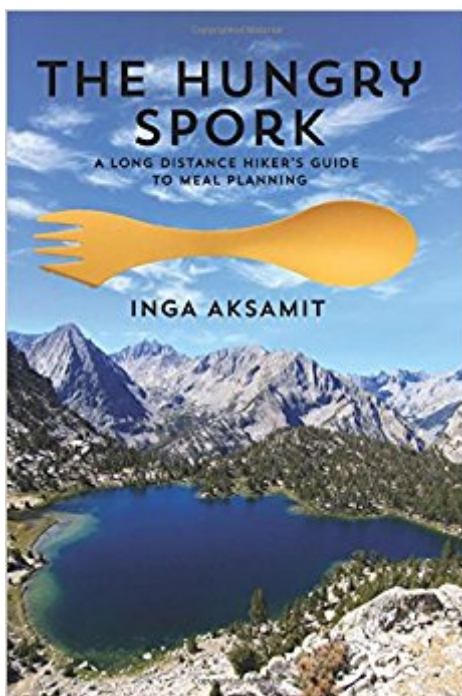


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# The Hungry Spork: A Long Distance Hiker's Guide To Meal Planning



## Synopsis

Going on a thru-hike? The daunting task of preparing meals for a long-distance trek just got easier. Here is a comprehensive guide to planning fast, wholesome, high energy meals with minimal additives and preservatives. The magic is that the prep work is done at home so these delicious meals can be brought to life on the trail with nothing more than a warm water soak. More than a dozen recipes made from freeze-dried or dehydrated ingredients can be used in rotation to maintain variety. A flexible system can be adapted to the needs of preparing and packing meals for a range of trips, whether it's a month on the John Muir Trail or six months on the Pacific Crest Trail. Each recipe has been trail tested by long-distance hikers whose comments and suggestions are listed separately. Several variations are presented for each recipe. Those with dietary preferences and restrictions, including vegetarians and gluten-free adherents, will find that they can easily modify ingredients to fit their needs. For example, rice noodles can be substituted for wheat ramen and legumes, while grains or textured vegetable protein can be used in place of meats. Fan favorites include BBQ Chicken and Mashed Potatoes, Indian Lentils and Quinoa, and Indonesian Noodles. The author, who wrote "Highs and Lows on the John Muir Trail," has hiked trails in California, Alaska, Peru and Europe. Her focus is on assembling healthy, tasty meals with an international flair from freeze-dried or dehydrated ingredients. In addition to her recipes, she offers tips for boosting calories and protein in commercial meal pouches and provides inspiration for home-dehydrated meals. Information on nutrition, equipment, resupply, and food safety is included.

## Book Information

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## Customer Reviews

A good food strategy will accomplish two crucially important objectives: it will keep the body fueled

and it will provide a moral-boost several times a day. Ms. Aksamit's book is the absolute best way to achieve both of those objectives. Ms. Aksamit has done a real service to the hiking community by writing this book. If you are contemplating a longish hike, I'd consider it essential reading. (Ray Rippel, Author, Planning Your Thru-Hike of the John Muir Trail) This book is a complete guide to planning and enjoying your meals when you're in the back-country-when you're a long ways from a kitchen. The information will be valuable for backpackers as well as car-campers, and even for people who simply want to make easy, inexpensive, and delicious meals while traveling, or even at the office. The author has extensive outdoor experience, and you can see that all of the ideas and suggestions in this book have been tried in the field, then modified as needed, and made even better. (WarrenG, Reader) I am the Originator of a dehydrating group in Facebook and after reading Inga's book I gave it a two-thumbs-up with my group. To be honest, I think anyone packing meals can learn from her wisdom. She is big on food safety and nutrition and presents real life information and options for making good food choices for the trail. (Phoenix Rising, Reader)

Inga Aksamit is a Northern California travel writer who has a passion for adventure and exploration. She loves nature so she gets out whenever she can to hike, backpack, ski, mountain bike and paddle, but when she's done, she likes to eat well. She's been backpacking for more than 15 years, honing her approach to meal planning and creating tasty, wholesome recipes that require minimal effort on the trail. She volunteers at local state parks, teaches backpacking classes and guides backpacking trips for the Sierra Club. She and her husband split their time between their home base in Sonoma County and Lake Tahoe. Publications include The Hungry Spork: A Long Distance Hiker's Guide to Meal Planning and Highs and Lows on the John Muir Trail, as well as stories in anthologies and magazines including Travel Stories from Around the Globe, Coast and Kayak Magazine, A Taste of Travel, and Journeys: On the Road & Off the Map. Her website, Inga's Adventures ([www.Inga'sAdventures.com](http://www.Inga'sAdventures.com)), is loaded with backpacking tips, trip reports, gear reviews and other resources.

Hikers who are on the trail for more than a few days always obsess about the gear they will carry, their itinerary, and getting precisely the right wilderness permit. Then they toss in whatever camp food is on sale at their favorite outdoors store without much thought at all. Big mistake. A good food strategy will accomplish two crucially important objectives: it will keep the body fueled and it will provide a moral-boost several times a day. Ms. Aksamit's book is the absolute best way to achieve both of those objectives. The book is divided into fourteen chapters, but after reading it I think of it

more as three sections with an addendum. The first section (chapters 1-4) lays out the different approaches you might take (commercially prepared food, "one-pot" meals you prepare at home, or ingredients to combine on the trail), what sort of challenges you will face when carrying or cooking food on the trail, how to make sure your food has enough "fuel" (i.e., calories) to sustain you, and a sure-fire, step-by-step plan to put it all together. The second section (chapters 5-9) gives you tons of great ideas regarding breakfast, lunch, dinner, snacks, and drinks. The third section (chapters 10-13) contains many tasty recipes, including *Apple Pie* and I have to say I consider this one of the cleverest ideas I've come across *Apple Pie* an idea for a special dessert in case anyone in your party is celebrating something while on the trail. The "addendum" (chapter 14) discusses how to get your re-supply packages where they need to be on time and in good condition. Although it is pretty clear that Ms. Aksamit is technically more-than-qualified to write on this subject, the text is clearly written, often funny, and anything but inaccessible for the average reader. Don't think of it as an unappetizing energy bar of information; it's more like a rich, creamy pasta dish *Apple Pie* easily devoured and absorbed. Ms. Aksamit has done a real service to the hiking community by writing this book. If you are contemplating a longish hike, I'd consider it essential reading. Ray Rippel, Author, Planning Your Thru-Hike of the John Muir Trail

This is not a recipe book, although it does include a number of excellent recipes and suggested meals. This book is a complete guide to planning and enjoying your meals when you're in the back-country-when you're a long ways from a kitchen. The information will be valuable for backpackers as well as car-campers, and even for people who simply want to make easy, inexpensive, and delicious meals while traveling, or even at the office. The emphasis is on pre-trip planning and preparations, so that mealtime away from your kitchen is an enjoyable time that you'll look forward to. The author has extensive outdoor experience, and you can see that all of the ideas and suggestions in this book have been tried in the field, then modified as needed, and made even better.. The book also includes extensive lists of resources, including equipment options for food preparation, sources for meal ingredients-including the ones available at your local stores, nutritional information, etc., and I will be referring back to the book for this helpful information, as well as for the recipes. My wife and I have many years of outdoor experiences, including more than 20 visits to Yosemite, so I figured that for the low cost of this book I'd be happy if I learned just a few new things, but I learned a lot from this book, and I'm excited to begin enjoying these new ideas.

Wow! As I'm preparing for the John Muir Trail, I felt that I needed a better handle on planning and

managing food and energy needs for myself and my four partners. I've backpacked a reasonable amount in the past, but never for three weeks, so I felt the need to be much better prepared. Ms. Aksamit has written a really great book that has made me feel more confident in my preparations. While there is a fair amount of the book contents that I already knew because of my past experiences, I really feel that there's a LOT of little tidbits of wisdom that she has provided that really take this book over the top. Additionally, being a digital book, there are so many incredible links to which you can readily navigate that help to make a digital book so much more than a paper book, especially one that is technical and draws from a variety of resources such as this one. This book is a relatively easy read, and it's also a wonderful resource into which I can dig more deeply when I'm ready to learn and apply the lessons that Ms. Aksamit is providing.

I read Inga's book "Highs and Lows on the JMT," and enjoyed it. When I saw this one was out I got it right away and started reading. Inga has been very thorough and for that I am very grateful! She provides excellent advice and encouragement to help make the best decision for your thru hiking meals. I especially appreciate the multiple reviews of each recipe! I'm looking forward to using this book for my own meal choices on the trail.

I love a lot of things about this book! It goes above and beyond the typical backpacking recipes and discusses creating the best food strategy for YOU while on the trail. Something I found incredibly helpful was her candid discussion of certain ingredients and their longevity on the trail, like cheeses and tortillas, and also how to best store food you dehydrate yourself. For an upcoming trip, I've been steadily dehydrating a stash of ingredients needed for multiple meals, and have been freezing them to put together for some of her recipes later. She includes a lot of valuable anecdotal information that helps you to think through your own circumstances, and what foods might be best. Thank you, Inga, for such a great guide!

What a great resource for preparing for a long backpacking trip! Great recipes that are both healthy and tasty! The attention to nutritional content makes it easy to know you will have enough to eat to sustain the intense expenditure of energy that such a trip demands. I love the variety and international flavor of many of the recipes. This is a must buy for any serious thru hiker!

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